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ttawa CHALLENGES **FOR TRUDEAU** TAXATION REFUGEES CLIMATE INDIGENOUS WOMEN

Your essential daily news | monday, october 26, 2015

High 8°C/Low -2°C Mainly sunny

BLEACHER FEATURE

Wyatt Manion, 3, tries on his dad's hardhat Sunday as onlookers watch the Kent Street bridge replacement on Hwy. 417.

metroNEWS

More officers on the radar

POLICING SERVICES

Police board to consider hiring 25 new recruits for next year



Lucy Scholey Metro Ottawa

Almost a year after Ottawa police opted to scrap hiring more officers, the police board will consider recruiting 25 new bodies in 2016.

A report on next year's police budget directions and timetable shows the hiring will cost \$1.3 million.

It comes as welcome news for the Ottawa Police Association the organization that represents more than 1,900 sworn and civilian members has said the force needs about 125 more officers.

This is a good start and hopefully we'll see it through for the next few years," said Matt Skof, the association's president.

The Ottawa police are planning to hire 75 more officers over the next three years. That's in addition to those recruited to replace retirements and resignations.

A separate police board report shows 21 officers are expected to retire and another five will resign.

A staffing shortfall impacts "every aspect" of policing, said Skof, especially because it takes more steps to finish a call nowadays — whether it's a drug case or a domestic assault call.

The new recruits may bode well for the police service, but city staff are scrambling to cut a \$52-million deficit this year and \$36.3 million in budget pressures next year.

On top of the hiring, the police budget report estimates it will cost \$5.9 million to maintain policing services and another \$2.2 million on new services.

The Ottawa Police Services Board will vote on the budget directions and timetable report on Monday.





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Your essential daily new

THINGS TO WATCH AT CITY HALL THIS WEEK

Now that you've fully recovered from federal-election hangover, how about a shot of municipal politics to start your work week? There is a lot going on at city hall — everything from the planning committee voting on whether to approve a 12-storey condo in Wellington West, to the city releasing an important report on customer experience and economics relating to its ongoing taxi bylaw review.

LUCY SCHOLEY/METRO



Outside city hall

There are overnight road closures along the ramps linking Colonel By Drive to Bronson Avenue from Oct. 25 to Oct. 27 between 9 p.m. and 5 a.m. Construction crews will be installing new sidewalks, curbs, traffic lights, bike lanes and multi-purpose paths along Bronson.



Carleton constables and police budget

The Ottawa Police Services Board will vote on appointing five special constables to Carleton University and whether to hire 25 new officers next year. More on that at the Ottawa Police Services Board meeting on Monday evening.



Broadcasting studio

An Ottawa radio station is looking to relocate its broadcast headquarters to Hintonburg's main street. CHIN Radio Ottawa CJLL 97.9 FM will seek the planning committee's approval on Tuesday. But neighbours need not worry about a large radio antenna; like many modern-day podcasts and radio stations, CHIN will be transmitted though the Interwebs.



More on that taxi review

For those of you following the Uber vs. Ottawa cabs war, the city is continuing with its taxi bylaw review this week. Hired firm KPMG is releasing two more research papers on the cab industry: one on customer experience and the other on taxi economics. The city wants your feedback before it drafts a report on the new bylaw at the end of this year.



5 Wow-worthy condos (or not)

What's a "landmark" building? On Tuesday, the planning committee will decide whether the controversial 12-storey condo design on Wellington Street West has enough "wow" factor. The Parliamentary Precinct-style building is a total revamp from the original plan Developer Mizrahi pitched back in 2013 (buildings in that area beyond the nine-storey limit need council's thumbsup). Councillors shot down the design back then, but Mizrahi fought the decision at the Ontario Municipal Board, which gave it the go-ahead — as long as the top three floors have a "wow" element that make it a "landmark" building.

History to be made in cabinet

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise of gender parity.



Justin Trudeau made one of his more striking campaign promises on a mid-June day when he was still in third place.

"My Liberal cabinet," he said, "will have an equal number of men and women.'

The time has come to appoint that cabinet, one of the most important tasks for the prime minister-designate's transition team. If he keeps his promise on Nov. 4, his will

PROMISES TRACKER

GENDER PARITY

☐ TAXATION

☐ REFUGEES

INDIGENOUS WOMEN

☐ CLIMATE

be the first Canadian cabinet in history to feature gender parity.

"I think it's smart politically, I think it's actually doable and it's a good idea," said University of Ottawa politicalscience professor Caroline Andrew, director of the

school's Centre on Governance. Choosing a cabinet is a delicate process involving many considerations, including region, language and political experience.

Outgoing prime minister Stephen Harper's final 39-person cabinet included 12 women (about 30 per cent). That was a higher proportion than the overall House of Commons, which had only 25 per cent female members of Parliament.

Trudeau has set the bar higher, which "gives him the opportunity to dig a little bit deeper into his women's caucus," said Nancy Peckford, national spokeswoman for Equal Voice, a multi-partisan organization dedicated to electing more women in Canada.

Fifty Liberal women were elected on Monday, 42 of whom are first-time MPs.

"We think he will have no trouble finding highly qualified, talented women to fill those posts," Peckford said.

When Trudeau made the announcement in June, some critics said Trudeau should just pick his cabinet regardless of gender and was compromising the possibility of appointing ministers on merit alone.

Peckford said that argument is "bogus, quite

frankly.'

"This is not a quota. This is a commitment to equality," she said. 'We don't buy the argument at all that it will somehow limit his choices any more than any other consideration.'

Among some good bets for a spot at the cabinet table: former editor and author Chrystia Freeland, former Assembly of First Nations B.C. regional chief Jody Wilson-Raybould, international trade lawyer and former UN adviser Catherine McKenna, Oxford-educated lawyer Mélanie Joly and former Newfoundland and Labrador cabinet minister Judy Foote.

Peckford said the promise is a positive signal to all 50 women in Trudeau's caucus, regardless of whether they're in cabinet, that he very much wants to value their voices and ensure they are able to make the best contribution possible.



Prime minister-designate Justin Trudeau walks to a news conference from Parliament Hill last Tuesday. ADRIAN WYLD/THE CANADIAN PRESS



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FLU CLINICS

There are 12 community clinics this year. Ottawa's hospitals are also hosting their own clinics, and walk-ins are welcome at most pharmacies. The Ottawa Public Health website has a full list.

Monday, Oct. 26: 3:30 to 7:30 p.m. at Sacred Heart Catholic High School in

Tuesday, Oct. 27: 3:30 to 7:30 p.m. at Brookfield High School near Billings

Wednesday, Oct. 28: 3:30 to 7:30 p.m. at Greely Community Centre.

Thursday, Oct. 29: 3:30 to 7:30 p.m. at Alfred Taylor Rec Centre in North

Saturday, Oct. 31: 9 a.m. to 2 p.m. at École secondaire catholique Béatrice Desloges in Or-

Monday, Nov. 2: 3:30 to 7:30 p.m. at Fred Barrett

Tuesday, Nov. 3: 3:30 to 7:30 p.m. at Osgoode Township High School in Metcalfe.

Wednesday, Nov. 4:

3:30 to 7:30 p.m. at West Carleton Community Complex in Kinburn.

Monday, Nov. 9: 3:30 to 7:30 p.m. at Mother Teresa Catholic High School in Barrhaven.

Thursday, Nov. 12: 3:30 to 7:30 p.m. at South Carleton High School in

Monday, Nov. 16: 8:30 a.m. to 6 p.m. at Ottawa City Hall.



About 27 million doses of a FluMist, the first non-injectable vaccine, have been distributed in the U.S. The vaccine comes to Canada this year and will be available for children between the ages of two and 17 years old. THE ASSOCIATED PRESS FILE

New nasal flu vaccine a 'big hit': Public Health

MEDICINE

Mist eliminates need to use a needle on children



Haley Ritchie Metro | Ottawa

Ottawa Public Health launched their first weekend of flu clinics starting Saturday, giving young residents their first chance to get a nasal spray instead of the dreaded needle.

Marie-Claude Turcotte, OPH's manager of vaccine prevent-

able diseases, said around 1,000 people showed up at Saturday's clinic.

"That first Saturday clinic is usually a popular one, that's pretty much the same amount we usually get for that clinic," she said.

This year's new nasal spray contains the same flu vaccine without the needle prick.

About 27 million doses of a FluMist, the first non-injectable vaccine, have been distributed in the U.S.

It's available in Ottawa for children between two and 17 years old and Turcotte said it was a "big hit" on Saturday.

City clinics continue from now until mid-November, rotatThe flu shot is the best protection against the flu.

Marie-Claude Turcotte

ing locations at hospitals, community centres, public schools and Ottawa City Hall.

Residents can also get the vaccine on a walk in basis at participating pharmacies, including many Shoppers Drugmarts, Loblaws, Rexall and Walmart locations or independent pharmacies.

Turcotte said there's no advantage to going to a clinic rather

than a pharmacy, and families and individuals should choose whatever is most convenient. Children under five years of age cannot get the vaccine at a pharmacy - parents should instead head to clinics or their family doctor's office.

"The flu shot is the best protection against the flu, along with washing your hands, coughing in your arm and staying home when you're sick," she said. "It's especially important for people who are more at risk, like very young children, elderly people and those with chronic conditions. By getting the vaccine you protect yourself, but you also protect everyone else around you."

EDUCATION

Reports may be delayed

The Ottawa-Carleton school board has said that report cards in elementary schools could be delayed if negotiations aren't wrapped up soon between the teachers' union and the provincial government.

"We recognize that the news of increased sanctions is disappointing to both students and our communities," reads an update released by the board.

The update clarifies the current labour sanctions for parents, including the status of "fall progress reports." The update explains that teachers are refusing to electronically enter information and will give grades to principals in paper

copy.
"At this time the district is reviewing the impact of this sanction, but there may be changes to the timing and/or distribution of fall progress reports,' reads the statement.

The Elementary Teachers' Federation of Ontario has also instructed teachers to suspend fundraising duties, not organize field trips and stop distributing paperwork associated with extra curricular activities.

Now the union is warning that extracurricular activities may be halted altogether as part of the work to rule on October 28 if an agreement isn't reached.

The provincial government has responded with a deadline of Nov. 1 for negotiations after that date Premier Kathleen Wynne has threatened pay will be docked.

"My members aren't going to respond to threats. We're going to bargain and hopefully we can get a deal," said ETFO president Sam Hammond, stressing that ETFO would not cancel its plan to halt extracurricular activities. HALEY RITCHIE/METRO, WITH FILES FROM TORSTAR NEWS SERVICE

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watch the process - involving heavy machines and concrete crews from bleachers nearby. A Ministry of Transportation website was set up with live cameras broadcasting the progress for those

Hundreds of curious

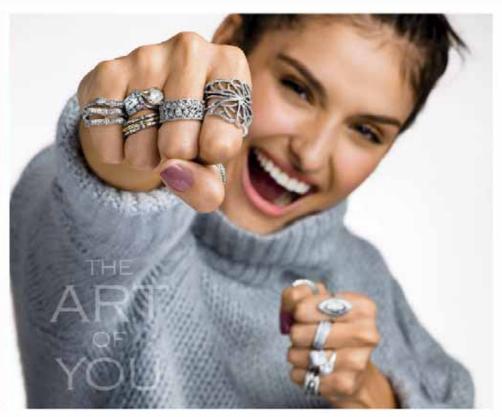
The 417 was closed

The number of years the bridge is expected to last, according to the MTO.



BRAVO COMMUNITY HONOURS CPL. NATHAN CIRILLO Italian ambassador Gian Lorenzo Cornado and Ottawa's Italian-Canadian community held their own memorial Sunday for Cpl. Nathan Cirillo, the solider who was killed while standing guard at the National War Memorial on Oct. 22, 2014. A mass in his honour took place inside St. Anthony's Church on Booth Street. Afterwards a ceremonial procession made its way to the Piazza Dante to unveil a plaque and lay memorial wreaths. The Italian community raised \$10,000 to contribute to a trust fund for Cirillo's six-year-old son Marcus. население





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Fed election 'woke a sleeping giant'



Assembly of First Nations National Chief Perry Bellegarde, right, casts his vote in Ottawa on Oct. 19. PATRICK DOVLE/THE CANADIAN PRESS

FIRST NATIONS

Native peoples' resolve grew to use their votes

Aboriginal activists who spent months mobilizing First Nations communities say Conservative Prime Minister Stephen Harper's attempt to disenfranchise aboriginal voters backfired and fuelled turnout so high that some reserves ran out of ballots.

Some aboriginal communities saw voter turnout spike by up to 270 per cent in the Oct. 19 election despite the Fair Elections Act which made it harder for someone to vote without approved identification.

In the riding of Kenora, which includes 40 First Nations in northern Ontario, voting on the reserves was up 73 per cent—almost 3,000 voters. At least four of those First Nations ran out of ballots and either used photocopies or waited for more to be brought in.

"It was so heartening to see," said Tania Cameron, a driving force in getting those people out to the polls — many for the

first time — both in Ontario and across Canada.

The band councillor in Dalles First Nation started up First Nations Rock the Vote on Facebook and organized countless "ID clinics" where people could see if they were registered or had the required identification to cast a ballot. Others started up similar chapters across the country.

A record 10 aboriginal MPs were elected when the Liberals swept to power Monday, ending the Conservative rule of almost a decade. In Kenora, where aboriginal voter turnout was high, Conservative Natural Resources Minister Greg Rickford went down in defeat.

Although Elections Canada has not calculated national aboriginal voter turnout yet, chiefs say the election "awoke a sleeping giant" amongst a usually quiet electorate. When some polling stations ran out of ballots, Cameron said no one walked away in disgust. They just waited until another batch was brought in.

Leah Gazan, a First Nations activist and education instructor at the University of Winnipeg, said the turnout was a direct reaction to the divisive 270%

Amount by which voter turnout spiked in some aboriginal communities on election day, causing some polling stations to run out of ballots.

tactics of the Harper govern-

"He was quite violent with indigenous people through aggressive cuts and aggressive legislation that aimed to silence indigenous people," Gazan said. "As much as he attempted to divide, he really brought people on Turtle Island together."

Bringing in Bill C-51 — which many felt criminalized First Nations activists — and cutting funding for aboriginal organizations only strengthened the resolve of First Nations voters, she said.

"Part of the reason why they don't pay attention is because of voter turnout — it doesn't impact their privilege," she said. "With a higher indigenous turnout, they'll know they can't take it for granted."

THE CANADIAN PRESS

SAFETY

National plan to combat violence against women in works

It's alleged that Basil Borutski drove across the Ottawa Valley, shooting women he knew. When it was over, three were dead, and Borutski, a 57-yearold with a record of violence, was charged with their mur-

The slayings of Anastasia Kuzyk, Carol Culleton and Nathalie Warmerdam temporarily refocused national attention on the issue of violence against women, but advocates have been saying that at-risk

women shouldn't have to wait for the next killing.

"Every time we hear of another woman who's been murdered ... the shock factor goes up, but then it quickly goes back down," Lise Martin, the executive director of the Canadian Network of Women's Shelters & Transition Houses, said in an interview in mid-September, before the killings. "We need a co-ordinated approach to the issue, (one) that's going to address the whole continuum

of violence against women."

In February, the organization published its own blueprint for "a coherent, co-ordinated, well-resourced" national plan calling for action across four areas: prevention, support services, justice reform, and social policies.

Now that there is a new government coming to power in Ottawa, the idea of a comprehensive national strategy may have a better chance of becoming reality.

Before the federal election, the Liberal party announced a plan to create a national "gender-violence strategy," including training for law enforcement, rooting out harassment in the armed forces, and increasing penalties for convicted abusers.

The party also campaigned on providing funding to women's shelters as part of a plan to spend almost \$20 billion on social infrastructure over 10 years. TORSTAR NEWS SERVICES



Women's shelter directors Fatima Valentim, Maureen Adams, Silvia Samsa, Sharlene Tygesen and Arlene Mccalla are among those calling for a strategy. TORSTAR NEWS SERVICES

LEGALIZATION

Lessons from U.S. marijuana law

A Colorado official has some advice for Justin Trudeau if he fulfils his promise to legalize pot in Canada.

"It's going to be a lot harder to implement than you think. It's going to take a lot longer to do it. And it's going to cost more than you think," said Lewis Koski, director of the state's Marijuana Enforcement Division.

Colorado is one of four U.S. states to fully legalize recreational bud. Their challenges could be instructive.

In Colorado, adults over 21

can grow up to six plants at home, while those who buy recreational weed in stores pay 25 per cent sales tax on top of the regular 2.9 per cent sales tax. The state has collected \$141 million in taxes since storefront sales began in January 2014. But a portion of the tax earmarked for school construction projects has fallen short of a \$40-million goal.

Two suicides and a murder committed by people who consumed edibles have caused alarm in Colorado.

Another concern is drug-im-

paired driving. While fatal crashes in Washington increased slightly after legalization, the percentage of drivers involved in those crashes who tested positive for THC doubled — to 12 per cent in 2014 from 6 per cent in 2010.

Alaska and Oregon legalized pot last year.

Rob Patridge, chair of the Oregon Liquor Control Commission, said he'd welcome a visit from Justin Trudeau if the new Prime Minister would like to learn from Oregon's experience. THE CANADIAN PRESS





CSIS director Michel Coulombe, centre, waits with RCMP Deputy Commissioner Mike Cabana, right, and Greta Bossenmaier, Communications Security Establishment chief, to appear at the Senate national security committee to discuss the antiterrorism act Bill C-51 in Ottawa in April. ADRIAN WYLD/THE CANADIAN PRESS FILE PHOTO

Covert ops could break foreign laws

FOREIGN AFFAIRS

New powers in C-51 may lack accountability

Internal Government notes say the Canadian Security Intelligence Service is likely to team up with "trusted allies," such as the American CIA and Britain's MI6, on overseas operations to derail threats — plans that underscore concerns about CSIS accountability under new security legislation.

The omnibus bill known as C-51 allows CSIS to engage in joint "disruption" efforts abroad — including covert actions that break foreign laws — something the spy service previously had no authority to

do, according to the Government notes.

"In the international context, CSIS would likely first seek avenues to work jointly with partners in the local jurisdiction or trusted allies before engaging in independent action," the notes say.

"In the past, CSIS has been invited to participate in joint operations abroad to disrupt threats or to provide assistance to allies, but has had no mandate to do so."

CSIS's new threat disruption mandate — perhaps the most contentious element of the legislation that received royal assent in June - could include surreptitious meddling with websites, cancelling airline reservations, disabling a car or a myriad of other schemes.

CSIS would be allowed to engage in disruption activities that violate the Charter of Rights and Freedoms as long as a judge sanctions them, a measure critics say perverts the role of the judiciary.

CSIS would co-ordinate threat disruption activity with other agencies such as the RCMP, Canada Border Services Agency and Foreign Affairs, and could use its statutory mandate to enlist the technical expertise of the Communications Security Establishment, Canada's electronic spy agency, the Government notes say.

However, the Security Intelligence Review Committee (SIRC) that keeps an eye on CSIS, is limited to examining the spy service alone.

THE CANADIAN PRESS



Revisions on the horizon for omnibus spy bill

The new Liberal Government has indicated it will revamp "problematic elements" of C-51, for instance by ensuring all CSIS warrants respect the charter. It also plans to create a security-cleared committee of parliamentarians who could see any relevant information held by federal agencies.

The Canadian Civil Liberties Association has joined Canadian Journalists for Free Expression in a court challenge of C-51's constitutionality.

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DISCOVERY

One small step forward for ALS research

In a lab at Dalhousie University's medical school in Halifax, a few twitches of a mouse's leg represent a big step forward for research into motor neuron disease.

A team of scientists at Dalhousie's medical school and the Brain Repair Centre harnessed the power of genetic manipulation and added the flash of a LED light available at any hardware store to achieve the discovery, which could have ramifications for people living with ALS.

"I think it's one avenue, it's not going to cure the disease," said Dr. Victor Rafuse, professor in the Department of Medical Neuroscience and director of the Brain Repair Centre.

"Essentially, it's just a new technology that can be explored to improve the quality of life of people who've lost function due to motor neuron disease or due to injury."

It's a key discovery because in conditions like ALS, the nerve cells that control movement progressively degenerate.

The team used genetics to insert a light-activated ion channel, first discovered in a singlecelled aquatic algae, into the muscles of a group of mice.

The ion channel enabled the muscles to contract when stimulated with a blue LED light, which can be bought anywhere. THE CANADIAN PRESS



Dalhousie research has used LED light to trigger previously unresponsive muscles in mice. ISTOCK

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WORLD

Elections around the world at a glance

Argentina

Argentines vote for the successor to President

Cristina Fernandez, a polarizing leader who dominated national politics for 12 years. Her chosen successor, Daniel Scioli, is the front-runner, according to polls published last week.

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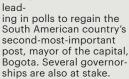
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Ukraine

Elections for local councils are seen



are seen
as a test
of strength for President
Petro Poroshenko's government. Voting is not taking
place in parts of eastern
Ukraine controlled by Russia-backed rebels.

oland

The populist rightwing Law and Jus-

tice Party, which opposes adopting the euro currency and is anti-migrant, wins Poland's election. Prime Minister Ewa Kopacz concedes defeat after an exit poll.



Haiti's former president Jean-Bertrand Aristide waves to supporters after casting his ballot at a polling station during presidential elections in Port-au-Prince, Haiti, on Sunday.

Haiti votes

ELECTION

Partial results not expected for at least 10 days

Haitians faced lengthy ballots featuring 54 presidential hopefuls and a slew of legislative and municipal candidates Sunday as they selected leaders they hope can lift the nation out of chronic poverty and turbulence.

The presidential field was so crowded and confusing that there was little clarity about who might be leading as voting wrapped up in late afternoon. Pre-election polls were unreliable and contradictory, and no election results were expected for at least 10 days.

Voting was relatively orderly across the nation of some 10 million people, although there was some confusion and logistical problems.

At a voting centre in Portau-Prince's Martissant slum, an elections supervisor repeatedly yelled at dozens of people trying to force their way in. "No voting two times!" People shouted back that they were being prevented from voting once.

"I'm here to vote, and they are trying to stop me," complained Varnel Polycard, a vendor of phone chargers who walked away fuming. Each of Haiti's more than 120

Each of Haiti's more than 120 parties was allowed to send monitors to polling places, where they got their own voting done early. At a polling centre in the

Petionville suburb of Port-au-Prince, monitors shoved one another in a voting line and masked police gave the unruliest partisans in line short zaps with a Taser.

But balloting was generally tranquil in many parts of the country, though there were sporadic reports of irregularities and roughly 70 arrests. Officials had no immediate estimate of national voter turnout.

Celso Amorim, chief of the Organization of American States' 125-member observer mission, offered few specifics as polls closed but said Haiti appeared to be "moving in the right direction."

While the gritty district of Cite Soleil suffered from preelection violence, it appeared to have the busiest voting centre in the Port-au-Prince area.

"Nothing can scare me from trying to see my country develop and see if Haiti can get better for my grandchildren," Rosianne Jean said after casting her votes at a school in the deeply poor area of shacks and garbage-lined canals.

The continuing appeal of former president Jean-Bertrand Aristide was on display as more than 1,500 people greeted him when he arrived at a voting centre near his home, many chanting "Aristide is our blood."

The former leader has mostly been living quietly since returning to Haiti after seven years in exile following his 2004 ousting but has lately urged support for the candidate of the party he founded decades ago, Fanmi Lavalas. THE ASSOCIATED PRESS



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Migrant crisis spurs EU summit

POLITICS

Leaders lash out over handling of massive influx

European leaders lashed out Sunday at each other's handling of the continent's greatest immigration crisis since World War II, even as they came together to seek ways to ease the plight of the tens of thousands marching across the Balkans toward the European Union's heartland.

At a hastily called emergency summit in Brussels, 11 EU and Balkan leaders were especially looking to shore up Greece's porous border with Turkey and slow the flow of people head-



What are we going to do with hundreds of thousands of these people?

Serbian Prime Minister Aleksandar Vucic ing north toward the European Union's heartland.

"Extraordinary times demand extraordinary measures," German Chancellor Angela Merkel said.

Nearly 250,000 migrants have passed through the Balkans since mid-September and the surge is not being deterred by either cold weather or colder waters off Greece.

Croatia said 11,500 people crossed into the country Saturday, the highest in a single day since Hungary put up a fence and refugees started coming into Croatia in mid-September.

Slovenian Prime Minister Miro Cerar said his tiny Alpine nation was being overwhelmed by the refugees - with 60,000 arriving in the last 10 days - and was not receiving enough help from its EU partners.



He put the challenge in simple terms: if no fresh approach is forthcoming "in the next few days and weeks, I do believe that the European Union and Europe as a whole will start to fall apart."

Serbian Prime Minister Aleksandar Vucic asked a fundamental question that the 28-nation bloc and non-EU nations like Serbia have been unable to answer since the migratory trek across the Mediterranean and through Turkey started last spring: "What we are going to do with hundreds of thousands of these people?"

Half a year later, there is no answer.

Sunday's meeting was hoping to come up with some Band-Aid solutions at best. Greek Prime Minister Alexis Tsipras commented that having a summit on the migrant crisis was of little use if Turkey was not invited.

Many say the EU needs to get control of the refugee flow at the bloc's external border between EU-member Greece and Turkey.

Migration experts, however, say the flood of refugees won't be halted until the world resolves the war in Syria, which is driving millions out of the



A column of migrants moves through fields in Rigonce, Slovenia, Sunday, after crossing from Croatia. DARKO BANDIC/THE ASSOCIATED PRESS

country

Vucic said he was prepared for "hard, not very pleasant" talks. He said Serbia would not "put up any walls" like Hungary's new razor wire-topped border fences. Croatian Prime Minister Zoran Milanovic asked of fellow EU nation Greece: "Why doesn't Greece control its maritime half with Turkey?"

Greece, criticized for being ill-prepared as a first EU buffer

against the migrants, decried the lack of EU solidarity.

"Till today, it was difficult to find a solution, because a series of countries adopt a stance 'Not in my backyard,'" Tsipras said. THE ASSOCIATED PRESS

setlakwe

MIDDLE EAST

Easing of tensions feared temporary

John Kerry's latest Mideast mission has aimed for the modest goal of easing tensions around Jerusalem's most sensitive holy site — the focal point of more than a month of deadly unrest.

But the steps announced by the U.S. secretary of state over the weekend did little to address the deeper issues behind the fighting, disappointing the Palestinians and raising fears that even if calm is restored, it is just a matter of time before another round of violence erupts.

Kerry announced the steps on Saturday after several days of meetings with Israeli, Palestinian and Jordanian leaders. The highlight was a Jordanian proposal to install surveillance cameras at the Jerusalem holy site that is known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary.

More than a month of violence has been fuelled by Palestinian allegations that Israel is trying to change the delicate status quo at the site, which allows non-Muslims to visit but not pray.

The hilltop compound, home to the biblical Jewish Temples, is the holiest site in Judaism. Today, it is home to the Al-Aqsa Mosque compound, the third-holiest site in Islam and a potent Palestinian national symbol.

THE ASSOCIATED PRESS



Jordan's King Abdullah II, right, with U.S. Secretary of State John Kerry in Amman, Jordan. RAAD ADAYLEH/THE ASSOCIATED PRESS

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IN BRIEF

Death toll rises to 30 in bombing of hospital

The number of people killed when U.S. forces bombed a trauma hospital in northern Afghanistan earlier this month has risen to 30, the international medical charity Doctors Without Borders, which ran the clinic, said on Sunday.

The clinic in Kunduz was bombed by U.S. forces on Oct. 3. Two military inquiries and an Afghan government probe are investigating why the hospital was bombed.

THE ASSOCIATED PRESS

Fire kills 17, injures 71 in Indonesian karaoke bar

Seventeen people were killed in a fire that raced through a packed karaoke bar early Sunday on Indonesia's Sulawesi island, and 71 others were hospitalized for smoke inhalation.

Witnesses told authorities the fire started at around 1 a.m. on the second floor of the threestory building as hundreds of people were singing in private rooms at the club in downtown Manado, the capital of North Sulawesi province.



Photo: Jean-Claude Lussier @ Agence: Montage @ Mannequin: Jessiann Grave

A Yazidi refugee child from Mosul, Iraq, laughs while playing with her mother after spending the night near an abandoned military barrack in Beli Manastir, northeast Croatia, near the Hungarian border, Saturday, Sept. 19. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS



A Yazidi boy from Iraq walks at a refugee camp in the Kurdish town of Derik (aka al-Malikiyah in Arabic), in the northeastern Hasakeh governorate, on the border with Turkey and Iraq. DELIL SOULEIMAN/AFP/GETTY IMAGES

Yazidi refugees live in squalor

TURKEY AND NORTHERN IRAO

16,000 flee persecution by Islamic State

In August 2014, the eyes of the world were fixed on Mount Sinjar, a sun-scorched mountain in northern Iraq, where thousands of Yazidis were besieged by Islamic State militants bent on killing, raping and enslaving them.

In the following months,

horrifying stories emerged of women and girls who had managed to escape from IS. The militants boasted that rape and slavery were just punishments

for "infidels" who belong to an ancient minority that does not fit their extreme definition

A year later, the world's focus has moved on to the Syrian refugee crisis that is overwhelming Europe's borders.

But in Iraqi Kurdistan, as well as refugee camps in Turkey, the traumatized Yazidi girls and women, and their relatives, are living in squalor, facing a second harsh winter with dwindling hope — and without the basic food, shelter and sanitation they need to sustain them.

Some families are still marooned on Mount Sinjar, surviving on their remaining sheep and whatever they can grow.

When Prime Minister elect Justin Trudeau takes office next month, one of the first petitions on his desk will be from Yazidi advocates, pleading for

Canada, Australia and the U.S. to open their doors to about 16,000 refugees they say have suffered "genocide" and urgently need asylum.

The plea follows a UN human rights report, which said that the atrocities committed by the jihadists may amount to genocide. And last month advocacy groups Yazda and the Free Yezidi Foundation delivered a report to the International Criminal Court seeking recognition of the case as genocide.

An investigation into pos-

Canada should open its doors to the victims of genocide. And it should help those who are still in Iraq and hope to return to their destroyed homes one day.

Murad Ismael

sible genocide was launched this month by three European researchers who have documented Nazi war crimes, backed by the French foreign ministry. They are interviewing witnesses to atrocities and victims of IS kidnappings.

Murad Ismael, a founder of Yazda, the U.S.-based global advocacy organization for Yazidis, says the mission is crucial to alert the world because more than 3,000 women and children remain captive, "subject to systematic rape on a daily basis."

More than 80 per cent of the Yazidi population of northern Iraq is displaced and homeless in Kurdistan, and thousands more have fled the country in the hope of finding a safe haven. Some have died in the effort.

The Kurdistan Regional Government, which receives thousands of displaced Iraqi Sunnis

and Syrians fleeing violence each week, says its capacity to support the millions now sheltering there is "exhausted." The UN has received only 41 per cent of the \$500 million needed for essential programs, and health programs and food vouchers have been cut.

"When I went to the (Yazidi) camp all I saw was helplessness," says Ismael, who recently returned from Kurdistan. "People feel abandoned. The heat of summer and the storms have ruined their tents. Nobody is replacing

them. One elderly woman in her 80s had a bed that was in the water.

"Many of the women who returned from captivity are in a desperate situation," Ismael

adds. "Very few organizations are giving them support. They don't even have food or clothes - they can't buy socks for the

TORSTAR NEWS SERVICE



Situation dire

Yazda has set up a primary medical care centre in northern Iraq that serves 500 displaced people a day, many former kidnap victims or survivors of slaughter from the attack on Mount Sinjar. But, Ismael says, even with a largely volunteer medical staff, "we don't have the \$9,000 (US) a month we need to keep it going." TORSTAR NEWS SERVICE

Middle East countries struggle under torrential rainfall

Severe weather swept across the Middle East on Sunday, pounding Israel with baseball-sized hail, sending torrents of uncollected garbage through the streets of Beirut and killing six people in Egypt, five of whom were electrocuted by a fallen power cable.

The cable from a tramway in the coastal city of Alexandria landed in streets flooded with water, electrocuting the five, senior health official Magdy Hegazy said. He said a sixth person, a judge, drowned when he was trapped in his car by the flood-

The flooding in Egypt's secondlargest city, a major port and former shipping and trade centre, underlines how basic infrastructure such as drainage systems are still lacking despite the demands of a surging population. President Abdel-Fattah el-Sissi ordered the government to provide aid to the Alexandria area.

State news agency MENA reported heavy rains in several other Egyptian governorates, with authorities closing the port of Ain Sokhna near the southern end of the Suez Canal due to high winds and waves. Sandstorms

and flash floods hit parts of the Sinai Peninsula. Cairo saw a rare

In neighbouring Israel, high winds knocked over cranes while hail the size of baseballs struck cities across the country.

Israeli police said they received reports that one of the cranes struck a man, although his condition was unknown. Elsewhere, trees were knocked down, including one that hit a bus, seriously injuring a passenger.

Media reported wind speeds of 100 kilometres (62 miles) per hour, with rain expected to continue into Monday.

Israeli media aired footage of a crane collapsing in central Tel Aviv, cars squashed by trees and pedestrians seeking shelter from the hail.

In Lebanon, heavy rains caused floodwaters to mix with mounds of uncollected garbage, raising public health concerns.

The country has been in the grip of a months-long trash crisis that started when the government shut down the city's main landfill without finding an alternative.

THE ASSOCIATED PRESS



Egyptians walk through water after a heavy downpour in the coastal city of Alexandria, Egypt, Sunday.

HEBA KHAMIS/THE ASSOCIATED PRESS

SHARING ECONOMY

Airbnb fights curbs in its home base

Travellers worldwide may love using Airbnb to book vacation stays, but the company that revolutionized home-sharing faces a hostile ballot measure in the city where it was founded. Proposition F on the Nov. 3 San Francisco ballot would limit short-term rentals to 75 days a year and require hosting companies such as Airbnb to yank listings that violate the limit.

The city would be required to notify neighbours when a person registers to host. The measure would enable pricey lawsuit damages against violators, including the hosting platform. Current city law limits un-hosted rentals to 90 days.



Bruce Bennett, who rents out a room in the home he owns with his husband in San Francisco, says the money allows the couple to pay for emergency expenses.

THE ASSOCIATED PRESS

There are no limits on hosted rentals.

Airbnb, by far the largest home-share platform in the city and in the world, has donated \$8 million US and counting to defeat the proposed ordinance. It has saturated television with ads, even trying to sway voters last week with a botched billboard campaign reminding people of the hotel taxes its service collects.

Backers of the measure say the demand for vacation stays is sucking up scarce housing, adding to the city's unaffordability and destroying what makes San Francisco neighbourhoods unique.

Airbnb and other opponents argue the measure will pit neighbour against neighbour and drive out residents who can stay in the city only by sharing their homes short-term.

The ballot measure would require platforms, along with hosts, to file quarterly reports on how many nights a unit is

Airbnb and other platforms can be fined up to \$1,000 a day if they list illegal units.

Neighbours could sue hosts as well as hosting platforms, collecting up to \$1,000 a day in special damages.

THE ASSOCIATED PRESS



Prime minister-designate Justin Trudeau, on the campaign trail, criticized the secrecy under which the Trans-Pacific Partnership was negotiated and pledged to thoroughly examine the trade deal. NICHOLAS KAMMNICHOLAS KAMM/AFP/GETTY IMAGES

Canada's copyright regime threatened

Activists look to Trudeau to defend current system

Copyright activists say Canadians could face lawsuits, fines or worse for ripping the latest Justin Bieber CD or uploading an animated GIF of Jose Bautista's bat-flip under a new trade deal, and they're calling on the newly elected Justin Trudeau to act.

A major part of the Trans-Pacific Partnership deal finalized Oct. 5 involves harmonizing copyright laws in the 12 Pacific Rim countries - including Canada, the United States, Australia and Japan — that are signatories to the deal. While the final text of the trade agreement has yet to be published, the website Wikileaks released what it claims is the intellectual property chapter of the TPP on Oct. 9.

"Canadians don't realize that the way that they use the In-

ternet every day is going to change dramatically," said Meghan Sali, a spokeswoman for the digital-rights advocacy group OpenMedia.

The Electronic Frontier Foundation, an American advocacy group, has said the TPP threatens to override Canada's copyright regime and promotes the interests of copyright owners and corporations at the expense of the public.

Under Canada's current

ies that receive copyright complaints are only required to notify their users about the potential breach, and copyright holders must convince a court if they want the offending content removed.

laws, ISPs and other compan-

Sali said the TPP deal could replace this so-called noticeand-notice system with the U.S. notice-and-takedown system, in which content is blocked or removed as soon as the first complaint is made. "It looks like we're going to be accepting website blocking and Internet censorship through the back door," she said.

THE CANADIAN PRESS

IN BRIEF

Oilpatch firms expected to report ugly third quarter

Oilsands producers report their quarterly earnings over the next few weeks - and industry watchers are under no illusion they'll be pretty. It's been about a year since the price of oil started its nosedive to below \$50 US a barrel, and crude has been camping out at that level for months. The focus for investors will

be less on the results themselves than on how the companies plan to cope. Martin Pelletier, portfolio manager at TriVest Wealth Counsel, said he'll be watching out for announcements that firms are looking at "strategic alternatives" — that could include divesting assets to pay down debt or putting a "for sale" sign on the whole company. THE CANADIAN PRESS

Canadians don't realize that the way that they use the Internet ... is going to change dramatically.

Meghan Sali

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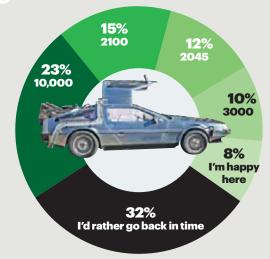
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Metro MONDAY POLL magining the future

In the Back to the Future movies of the 1980s and 1990s. Marty McFly took his garbage-powered vehicle to 2015, a futuristic landscape of self-lacing sneakers, hover boards and bionic brain implants. We asked our readers if the real 2015 is humdrum by comparison and what era they would like to visit. Thirty years hence, McFly-style? Or even further afield?

1 What year would you like to travel to?



2 What futuristic invention are you still waiting for?

	0%	50%
Garbage-powered car	33%	
Hover board/hover bike	22%	
House-cleaning robot	12%	
Self-driving car	10%	
Instantly rehydrating meals	7 %	
Food delivery by drone	4%	
Smell-ivision	2%	
Self-lacing sneakers	2%	
Other	8%	

3 If 1985 people travelled to 2015, what do you think they'd be most disappointed about?

29% Terrorism/national-security fears 27% Environmental destruction/climate change 23% Internet culture 8% The music scene 7% Decline of books and print media 2% Doping in sports 4% Other Housing No cure for

Vape lounge hopeful as election smoke clears



I'm proud of you. I know I nagged you about voting last week on a day you were probably bone-weary of hearing about the bloody election. But we showed up and did our jobs, with a 78.4 per cent local turnout in Ottawa, well ahead of the national 68.5 per cent, the country's best showing since 1993.

Sure, it's sad to see good eggs like the NDP's Paul Dewar in Ottawa Centre or Conservative Royal Galipeau, the self-styled "servant of Orleans," lose their jobs, but it's heartening that more than 80 per cent of voters in both ridings showed up to give their Liberal successors, Catherine McKenna and Andrew Leslie, unquestionable mandates.

Even in Ottawa-Vanier,

which has voted Liberal since roughly the Pleistocene Epoch and where the outcome is almost never in serious doubt, turnout still exceeded 75 per cent. Mauril Belanger returns as a government MP, and given his party's promise to legalize marijuana, the results were particularly welcome in one piece of his riding.

Buzz On, the Montreal Road "vapour lounge," where patrons pay a membership fee to smoke their own weed, quietly reopened in the final days of the campaign. The city shut it down in May for building code infractions.

'We're really excited to see what's ahead," manager Wayne Robillard said. "Tremendous, tremendous exciting times for us."

A lifelong Tory voter, Robillard still believes their economic plan was the best on offer, but had to roll his eyes at their drug policy, accompanied as it was by such fact-free

pronouncements as Harper's claim that marijuana is "infinitely worse" than tobacco.

"I voted for the man twice and now he makes me feel like a moron in some ways," he said. "Anybody who can be that ignorant, how can you run a country?" So he voted Liberal, then?

"I'll be honest with you: I did something I've never done in my life before. I spoiled my ballot," Robillard confessed. "I couldn't in good conscience vote for Stephen Harper, and I couldn't vote for Trudeau just on the basis that he was going to legalize marijuana."

Buzz On's five-month renovation, a frustrating ordeal of red tape and delays, tested Robillard's patience, but the place now boasts a powerful new air-exchanger, renovated bathrooms and improved emergency exits.

"We expected some kind of a kick in the butt," Robillard said. "We didn't expect it to be quite as hard as it was, but we knew the city would have to say something."

METRO READERS

Wheelchair accessibility, important for many medical marijuana users, remains on the long-term to-do list, but they're up to code, and hoping for a better rapport with city officials in post-Harper

The police, who visited regularly last spring, haven't dropped by yet, but neither, so far, have crowds of customers. When I dropped by Saturday afternoon, the 99-capacity room was occupied by two staff and one patron.

Buzz On is planning a grand reopening Nov. 6-8. This week, they're sending out invitations to local VIPs - including Justin Trudeau.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY

metroview

Every year when fall comes calling, I need to eat everything

Maybe your day also started

Breakfast: grapefruit and a pumpkin muffin. Apple for elevenses. Soup for lunch, salad for second lunch, second muffin for afternoon snack, granola bar for early evening snack, a plum, the last coq au vin leftovers for dinner, one-quarter of a bag of Applewood Smoked BBQ potato chips for after-dinner snack and for dessert: six pieces of sea-salted milk chocolate. There might have been a mandarin orange in there, but I can't quite recall.

You can understand why. Each year, the fall comes along, and I seem to want to

eat it. The only acceptable time to not be eating appears to be when I'm asleep.

This time, I stopped to wonder what odd compulsive reflex has come over me. So I looked it up. Turns out some studies have shown that we do indeed consume more calories when the days get darker and colder.

We - not just me - seasonally overeat. The why appears up for debate. Maybe we have a bear-like urge to store calories. Maybe we're sucked into the flavours and gluttony that seem synonymous with

I'm actually not, it turns out, too concerned about the why. Having seen that there is a) a definite human trend here and b) some possible answers, I'm satisfied. Informationally speaking. And I like both answers

If it's the first, then it's a function of my biology — and sure, I could exert some extra self-control, but if I don't, I've got company among the masses.

If it's the second, then I'm only responding to the gravitational pull of cinnamon, cumin and red wine, bacon in my stews, extra butter on toast and extra cream in tomato soup.

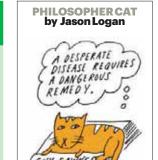
By drawing me to food, the fall draws me into my kitchen, for hours, half the weekend, the whole weekend, pouring over recipes for Vietnamese lemongrass beef stew, beef bourguignon or a Burmese curry. The sunny, chilly day is best spent strolling in and out of small grocers and butchers and bulk shops, then home again to watch light from the window slowly crawl across the wall.

Stowing away, and letting the hours pass in the many voices coming from the radio and the heat of the oven.

Sinking into food - the creative, aromatic and physical pleasures of making and tasting it — is an autumn gift.

Eat up.

We — not just me — seasonally overeat. The why appears to be up for debate.





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Scaring Springfield for 26 years

THE SIMPSONS

A countdown of the show's best Halloween specials

Brian GasparekFor Metro Canada



Our favourite citizens of Springfield got to unleash their yearly dose of horror, sci-fi and supernatural spoofing Sunday night — The Simpsons annual Halloween special, Treehouse of Horror.

This year's edition of the spooktacular was highlighted by a segment featuring Springfield's most sinister villain, Sideshow Bob, finally accomplishing his life goal of obliterating Bart Simpson...just for the episode.

In honour of 26 years of Simpsons Halloween tradition and Bob's landmark achievement, we thought we would rank the top seven most memorable Treehouse of Horror segments of all time. Ready to relive the terror and hilarity?



The Homer segment from 1995's Treehouse of Horror episode was so good. In a spoof of The Twilight Zone's classic Little Lost Girl episode, we got to witness Homer Simpson accidentally turning 3D and getting trapped in the real world. The nerdy quantum physics jokes were good, but seeing Homer walking amongst us was even better.



Treehouse of Horror V: The Shinning spoofed Stanley Kubrick's classic film. CONTRIBUTED

Treehouse of Horror XIX: It's the Grand Pumpkin, Milhouse (2008)

If The Simpsons was going to spoof It's the Great Pumpkin, Charlie Brown, it had to be classic. And it was. In the standout segment from 2008's Treehouse of Horror special, The Simpsons' Peanuts parody wasn't only cute, it was gory and hilarious too. As a nice touch, it also featured Vince Guaraldi's classic Charlie Brown music.

Treehouse of Horror III: Clown Without A Pity (1992) Clown Without A Pity from 1992's Treehouse of Horror was not only excellent, it was legitimately terrifying too. The segment spoofed another Twilight Zone classic, Living Doll. Homer brought home a cursed, murderous Krusty The Clown doll as a birthday present for Bart, and the tiny toy attempts to murder him. You can't really blame Homer though...the doll did come with free frogurt.

Treehouse of Horror V: Time And Punishment (1994)

In 1994's hilarious Time In

Punishment segment (a spoof on Ray Bradbury's A Sound of Thunder), Homer taught us that if a time machine toaster ever transports us back to prehistoric time, never, ever step on anything. It will change the future as we know it. In all fairness, donut rainstorms don't sound too bad. This was a great one.

Treehouse of Horror IV: The Devil And Homer Simpson (1993)

In this awesome spoof of Stephen Vincent Benét's The Devil and Daniel Webster, Homer wants a donut so bad that he sells his soul to the devil. Satan, who happens to be Simpson's peppy, super-Christian neighbour Ned Flanders, gets mad when our favourite animated dad tries to skip out on the deal. Ned memorably transforms Homer's head into a giant donut...and Simpson proceeds to nibble at it. It's one of the standout images from the Treehouse of Horror series.

Treehouse of Horror VII: Citizen Kang (1996)

1996's Treehouse of Horror segment Citizen Kang acted as a brilliant spoof on mid-'90s American politics. In an effort to take over the planet, sinister aliens Kang and Kodos abducted Bill Clinton and Bob Dole, and posed as them for them for the presidential election

Not surprisingly, their ridiculous sounding promises and policies weren't too far off from the real candidates'. It was classic.

Treehouse of Horror V: The Shinning (1994)

It only makes sense that a parody of one of the best, most terrifying movies of all time inspired the best Treehouse of Horror segment ever made. The Shinning was a hilarious spoof on the classic Kubrick flick The Shining. It was spooky, hilarious and a solid Halloween homage.

THREE THINGS YOU DIDN'T KNOW

1. It almost ended after its third installment

Treehouse of Horror III was so poorly received after its initial internal screening that it had to undergo over 100 line changes. Executive producers AI Jean and Mike Reiss considered scrapping the annual series after that installment, but were overruled.

2. The series was initially inspired by EC Comics

EC Comics, the publisher responsible for printing the famous horror series Tales From the Crypt as well as scifi publications Weird Fantasy and Weird Science was the original inspiration for Treehouse of Horror I.



3. Simpsons writers were worried it was too scary

Remember how the first five Treehouse specials opened with disclaimers warning viewers about the spooks that were about to transpire? They were added to the top of each special because the writers thought their audience would be scared and put off by the departure from standard episodes. The disclaimers were dropped after Treehouse of Horror V.



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Meet the James Bond of journalism



Anas Aremyaw Anas is known for his elaborate disguises used to uncover cases of corruption. While Mullins "didn't get to use a lot of them in the story line," he says a few favourites do pop up.

The Rock

"Obviously the disguise as a rock is a great one," says Mullins, What's basically two eyeholes cut into a giant paper bag was efficient enough to observe trucks smuggling cocoa beans cross-border in 2010.

The Mental Patient

For seven months, Anas posed as a mental patient. He exposed abuse, corruption and even a neglected body in the late stages of decay in a Ghanaian psychiatric hospital

Using cheap prosthetics and a walkie-talkie, Anas once dressed as an officer to catch corrupt customs officials at Ghana's largest seaport leading to the recovery of \$200 million in smuggled funds.

DOCUMENTARY

Vigilante reporter walks ethical line with covert tactics

Steve Gow For Metro Canada



Anas Aremeyaw Anas is one compelling news reporter. Not only has the young investigator been labelled the "James Bond of Ghanaian journalism" but he has exposed sex-trafficking rings and uncovered human rights violations by going undercover using unorthodox costumes that include everything from posing as a brothel

janitor to a sheik and even a rock.

As uncovered in the new documentary Chameleon, Anas's provocative work as editor of the New Crusading Guide has gained notoriety in Africa and even a mention on the world stage by President Barack Obama. But Anas is still largely unknown - mainly because he hides his identity to ensure the secrecy of his investigative stings.

"A mutual friend of ours sent me this

article about Anas in Atlantic Magazine and it was just incredible," admitted filmmaker Ryan Mullins about how he discovered Anas. "I thought, this has to be my next story."

The Montreal-based director decided to craft an on-the-ground exposé of Anas' work. Through a mutual friend, Mullins easily located the disguised detective. But persuading the ever-elusive crusader to allow him to hang around while he cracked cases of corruption in the West African nation wasn't quite as simple.

"I'm naturally a very cautious person so I needed to think through it," explained Anas, adding he even did a thorough background check on Mullins before agreeing to make the movie. "The bigger picture was what I wanted to see or propagate (in the film) so that people can understand the type of journalism I do and how I do it (and) I felt that a film like this was going to help do that."

In a sense, Anas used the opportunity to help disseminate his crusade to "name, shame and jail" those accused of misdeeds in Africa. But Mullins was soon surprised to find larger issues plaguing the reporter's stealthy activism.

"At first I was just drawn to this larger-than-life story," said Mullins. "But gradually as time passed and some of the cases got a little more complicated, you can see the thought process going on — sometimes the lines that were being crossed. Was Anas a journalist?

Was he a vigilante?"

It's just those ethical issues that elevate Chameleon from being an amusing documentary about an oddball character to an astonishing examination about the ethical boundary between journalism and activism. As the film points out, Anas works directly with law enforcement to ensure that justice is carried out effectively" - not exactly non-partisan reportage.

While that grey area of his work may be controversial to many, Anas would be first to say it's an area that is clearly worth pursuing.

"I don't mind any tag that I'm given," said Anas. "If you call me a spy, I'll take it. If you call me a journalist, I'll take it. The key thing is, if journalism is about doing what benefits society, then I will call myself a journalist. The end (result) is most important - if it benefits society.





GOSSIP BRIEFS

Stefani and ex settle speedily

As far as the dissolution of celebrity marriages go, this one seems pretty swift. Gwen Stefani and Gavin Rossdale have already reached a settlement in the divorce proceedings they started in August after announcing their split, according to TMZ, and apparently Rossdale is taking less than half of their common property in an effort to make things go smoothly. How big of him. They apparently didn't have a prenup, by the way.
They'll also be going

the joint custody route for their three sons, though Rossdale is expected to have them more since his work schedule isn't as hectic as hers.

That's the kind of subtle burn I appreciate, TMZ sources.

NED EHRBAR METRO HOLLYWOOD

Sherlock in knots over red ribbons

Calm down, Cumberbunnies. Or, rather, one Cumberbunny in particular. Benedict Cumberbatch, who is known for having some rather passionate fans, has found it necessary to call in the police after



an obsessed fepeople mobbing him whermale fan made reever he goes and he's a peated trips to his Longood sport about it. But this individual has taken don home and left things to the next level and there was no option but to mysteripursue official action," a ous red ribbons source says. on the

building

car, ac-

cording

to the

Sunday

"... it does feel a bit sinister. Leaving red ribbons is obviously a bit of a game, but it does feel quite dark."

"Benedict is used to

You don't say. NED EHRBAR/ METRO HOLLYWOOD



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Wiig "bummed out" by haters

Hey, remember when Paul Feig announced his all-female Ghostbusters reboot and an unsettling portion of the Internet reacted with hostility? That wasn't a great day for star Kristen Wiig, as it turns out.

"The fact there was so much controversy because we were women was surprising to me," Wiig tells

"Some people said some really not nice things about the fact that there were women. It didn't make me mad, it just really bummed me out. We're really honouring these movies."

Great job, jerks.

You bummed out Kristen Wiig. That is just not cool. NED EHRBAR/METRO HOLLYWOOD



metr#LIFE Work Monday, October 26, 2015 **15**

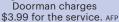
IN BRIEF

Doorman start-up: no more missed packages

After amassing \$1.5 million in seed funding earlier this summer, start-up Doorman is now live in Chicago and preparing a New York launch, too.

Based in San Francisco, the company announced on Friday that it has gone live in the Windy City.

With more and more people opting to order anything and everything online, but work and life schedules resulting in many a missed package, Doorman offers a solution: it signs for and holds users' packages at a warehouse, also called a "Doorman address." Clients can then schedule their packages' delivery between 6 p.m. and midnight, seven days a week.





The evolution of corporate speak

OFFICE SPACE

CEOs ditch the jargon to connect with employees

Eleni Deacon For Metro Canada



"Emails like this are usually riddled with corporate speak so I'm going to give it to you straight," wrote Twitter ČEO Jack Dorsey in an all-staff memo delivered early last week — during which he announced that 336 employees would be laid off as part of a company-wide restructuring.

Dorsey said that Twitter's recent and upcoming projects represent "a bold peek into the future," adding that "the world needs a strong Twitter."

He said downsizing was essential to produce a "streamlined road map" for Twitter's brands. When revealing the actual layoffs — in the fourth paragraph of the email — he said Twitter planned to "part



ways" with workers whose roles were no longer necessary to achieve the company's vision. It may not be incomprehensible business babble — but it's not straight-shooting, either.

At just under 350 words, Dorsey's email is relatively short compared to other high-profile layoff notices. In the summer

of 2014, Microsoft's then-executive vice president of devices and services Stephen Elop made headlines when he sent staff a jargon-padded disaster that buried the crux of his dispatch - that 12,500 jobs were getting cut - under 1,100 words of pseudo-inspirational techindustry gibberish.

Dorsey's email is more to the point — and more appreciative of his staff's efforts. However, it doesn't so much avoid corporate speak as disguise corporate speak beneath a we're-all-friends-here veneer.

Fading are the days when the big boss sequestered him or herself in their own wing of

a soulless office tower. Today's most famous CEOs are average Joes — albeit very, very rich average Joes — who dress casually, give rousing conference talks, and speak to staff like they're buds. So Dorsey's email might represent a new type of boss-talk: one in which the higher-ups soften their emphasis on the bottom line by making employees feel like they're in the inner circle. Sure, you got fired — but who can feel resentful when the boss is such a cool guy?

Key point: the laid-off staffers aren't on the inside. They're being given a handshake, a healthy severance package, and the boot. On a day-to-day basis, a shift to relatable CEOs may make workers feel less like minions and more empowered. But Dorsey's message could also serve as a (literally) friendly reminder of how language, even when outlining painful reductions, can still create distance between the leader and the cutbacks - not through unintelligible corporate prattle, but by articulating a gentler image of those on the higher rungs. At least he didn't use

Renner clarifies pay-gap quip

Ned **Ehrbar** Metro | Hollywood

After Jennifer Lawrence wrote her blistering essay for Lena Dunham about pay inequality and Bradley Cooper came out strongly in support of the issue, someone thought, "Hey, I wonder what the rest of the American Hustle cast thinks of all this?"

Too bad they asked Jeremy Renner next.

'That's not my job," Renner said when asked about negotiating alongside female co-stars to ensure fair treatment.

"I don't know contracts and money and all that sort of stuff. When it comes to that sort of stuff I let other people deal with that."

So it's not so much that Renner is anti-women so much as he's just bad at math.

Renner has since clarified his remarks, writing on WhoSay:

'A person should be rewarded only by their merit or service to their given field. Gender, race, creed, or sexual orientation should have absolutely no influence in pay, positively or negatively.'



Jeremy Renner agrees with his costar Jennifer Lawrence that pay should be based on merit, and not gender. GETTY IMAGES



o purchase necessary. Open to Canadian residents, 18 and older, excluding residents of Quebec. Contest begins at 12:00 AM, October 1, 2015 d closes at 11:59 PM, November 12, 2015 Odds of winning depend on total number of eligible entries received. Entrains must answer a skill sting question. Approximate value of each prize: \$1000. Complete rules available at www.thekit.ca/shopper-g-giveawy.

16 Monday, October 26, 2015 Work | metr@LIFE |

Search for small-town serenity

Young families are fleeing the city and suburbs for a slower life

Megan Haynes For Metro Canada



Cassie McDaniel, 32, and her husband couldn't imagine raising a child in their small Toronto apartment. So when they had a baby, they decided to move. But the pair didn't stop when they hit Etobicoke, Mississauga or even Hamilton. Instead, they opted to buy in the quaint town of Paris, Ont., population 11,000.

It was a bit of an adjustment for the pair, who had to say goodbye to conveniently located ethnic food options and more than a few friends, she says. But McDaniel, design director for Mozilla who works remotely, says they were attracted to the town for its burgeoning art and design community, as well as Paris' picturesque qualities, and since the move, she's met a number of other young people opting to ditch the city for small-town charm.

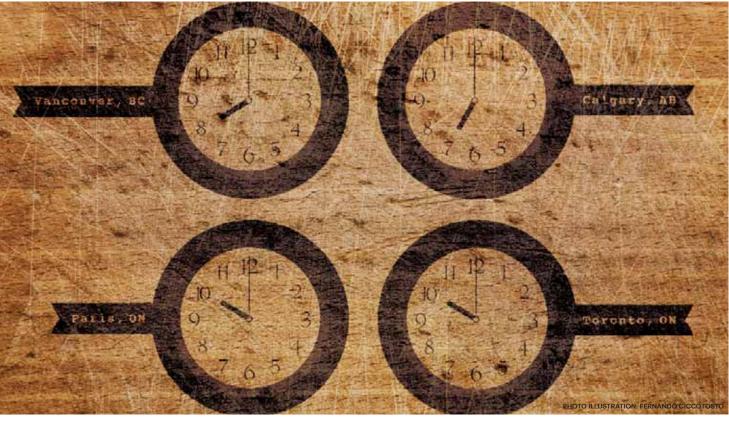
While conventional wisdom says millennials (those born between 1977 and 1995) want to live in cities, the high cost of housing, increased opportunities to work from home and exported city-like amenities (such as cute coffee shops, fashion houses and hip pubs) are driving some millennials out of the core. Out of the suburbs even.

The cohort is increasingly choosing to live in small rural towns, on farms or even in cabins in the woods.

The same things that drove this cohort to the cities is driving them to small rural towns, says Leigh Gallagher, author of The End of the Suburbs. The car-dependent, sterile suburb, where the majority of today's Gen Y grew up, holds little appeal. Today's young adults want to be close to the action, she says.

"They want to be steps away to some kind of downtown where you can get your pourover coffee, see friends or a show," she says. They don't want to be bored, and suburbs are boring."

In cities, that means increased demand, and prices, for homes, which means younger adults are being priced out of the market. A recent study by Angus Reid



RANKINGS

The best small towns

In its annual survey, MoneySense magazine ranks the top places to live in Canada, based on factors like rates of crime, home ownership versus renting, commutes and the quality of arts and culture.

Here are the Top 3 small towns (that aren't suburbs of nearby cities).

- Stratford, Ont.:
- population 32,536.
- · Canmore, Alta.:
- population 12,288
- · Comox, B.C.: population 14,328

found 45 per cent 18- to 34-year-olds were seriously considering leaving Toronto because of the high cost of housing.

Going rural is also a rejection of the trend of trying to cram more people than ever in increasingly smaller space, says Gallagher. Today, the average condo is 797 square feet, down from 925 a few years ago, according to RealNet Canada. And that doesn't take into account the bevy of micro condos set to open over the next few years. Millennials are being physically crowded out of the market.

After 11 years in Toronto, Douglas Paton, 35, says he



and his wife were "done" with crowded city living. When his wife decided to pursue a career in the wine industry, the pair moved to Summerland, B.C., population 11,250, 25 minutes away from Kelowna. As a writer Paton can work anywhere, and having grown up in a small town, he says the isolation is a welcome change from the throngs of people.

While Summerland doesn't have much in the way of hip, millennial-desirable amenities, the proximity to Kelowna, population 106,710, means he is never left wanting.

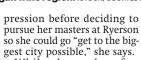
That said, while many millennials romanticize this simpler country living, it's not always easy to live in small rural towns.

Driven out of Vancouver due



to high housing prices, Serena McCarroll, 40, and her partner moved to Bruno, Sask. to open a small art collective/coffee shop. But a lack of driver's licence and the uncertainty of business meant McCarroll was often alone while her partner found work outside of the town of 500. While she went in knowing it might be lonely in a new town where nobody knows you, yet everybody does people were untrusting of strangers and didn't rally behind the art collective/coffee shop concept — McCarroll says she under estimated how isolating it would be.

In the end, she fell into de-



While she made a few friends in town, the majority of her new friends came from followers of her blog from big cities, who romanticized the small-town way of life and wanted to learn more.

Back in Paris, on a pictureperfect fall afternoon sitting in the Brown Dog coffee shop along the vibrant tree-lined banks of the Grand River, it's hard not to romanticize a quieter life.

Inside, it's bustling, the gourmet food shop owners

talk about the uptick in tourists coming for Paris' "famous cheeses," and there's a buzz of excitement over a new coworking and maker space going up in an old mill. Downtown Paris is where the action

"(It's) definitely a more slowed down, rural existence, but (these small towns) have the connection (to) and the same amenities as the cities," says Gallagher.

"What I think is lost in the argument (about the end of suburbs) is millennials are perfectly happy being in the right kind of rural area with a cool downtown."





Douglas Paton and his wife Krissy Neilsen, pictured above with their daughter Paige, left Toronto to settle in B.C.'s Okanagan wine region. ISTOCK, COURTESY DOUGLAS PATON

Carey Price has teamed up with CCM to send thousands of dellars worth of equipment to youth in the area around Williams Lake R.C.

Carey Price has teamed up with CCM to send thousands of dollars worth of equipment to youth in the area around Williams Lake, B.C.

New faces, same Royals result

MLB PLAYOFFS

Kansas repeats World Series feat with solid style, wise buys

Luke Hochevar was a member of the Kansas City Royals who advanced to the World Series a year ago. He was in the dugout for every playoff game, took part in all the champagne celebrations, got an American League championship ring after the season.

He never threw a single pitch, though. That makes this year's return to the Fall Classic so much sweeter. Now recovered from the Tommy John surgery that sidelined him last season, Hochevar has been able to contribute to the success of the club that made the reliever the No. 1 overall draft pick in 2006.

"It feels great. There's no other way to explain it," Hochevar said. "To experience it last year was unbelievable. To have the opportunity to come back and do it again is even better."

The easy argument is the Royals are back because they're the same team of a year ago. Their core players that became household names against the San Francisco Giants, such as first baseman Eric Hosmer and outfielder Lorenzo Cain, are still doing their thing in Kansas City. The reality is the Royals are back largely because of all their new faces.



Wade Davis is embraced by Salvador Perez, centre right, as the Kansas City Royals celebrate after their 4-3 victory against the Toronto Blue Jays in game six Friday. ROB CARR/GETTY IMAGES

There were only 12 players on their 25-man roster for the AL Championship Series against Toronto that

were on the roster against the Giants. Just four of those were pitchers, and the only starter was Yordano play- Ventura, who helped Kansas coster City to victory in the decisive Game 6.

The Royals used the same

To experience it last year was unbelievable. To have the opportunity to come back and do it again is even better.

KC pitcher Luke Hochevar

roster in the divisional round against Houston, and figure to have a similar makeup when they open the World Series on

Tuesday night against the New York Mets.

"This is a different team," Royals manager Ned Yost acknowledged, "but we play the same." By that, he means the Royals still rely on pitching and defence. They still win by making fewer mistakes than the opponent. They still cause havoc on the base paths, rarely strike out.

It's just that the cast of characters doing it is slightly different.

THE ASSOCIATED PRESS

NFL

Brady maintains Patriots' perfect start

The fourth quarter started just in time for Tom Brady to overcome some early drops and lead the Patriots on a comeback. And it ended just in time for New England to hold on for a victory.

Brady overcame New England's shaky first three quarters by throwing for a pair of touchdowns in the fourth, and the Patriots defeated the New York Jets 30-23 on Sunday to remain unbeaten.

Brady completed 13 of 16 passes for 135 yards in the

SUNDAY in Foxborough



final quarter to overcome a 20-16 deficit and give New England (6-0) a two-game lead over the Jets in the AFC East. The Super Bowl MVP was 34 of 54 for 355 yards overall.



IN BRIEF

Burris key in Redblacks win

Henry Burris passed for 413 yards and had two total touchdowns, including a one-yard plunge on the ground for the game winner, as the Ottawa Redblacks defeated the Winnipeg Blue Bombers 27-20 on Saturday.

Burris orchestrated an 11-play, 70-yard touchdown drive in the dying moments of the fourth quarter, capped off by his one-yard scamper on a third-and-goal play.

THE CANADIAN PRESS

Coach Flip Saunders passes away at 60

Flip Saunders, the longtime NBA coach who won more than 650 games in nearly two decades and was trying to rebuild the Minnesota Timberwolves as team president, coach and part owner, died Sunday, the team said. He was 60.

Saunders was diagnosed with Hodgkin lymphoma in June and doctors called it "treatable and curable," when the Timberwolves made the diagnosis public in August. But he took a leave of absence from

the team in September after complications arose during his treatment, which included chemotherapy.

This week, owner Glen Taylor announced Saunders would not be back this season and asked team employees to give Saunders time to heal. The Timberwolves open the season Wednesday. Saunders went 654-592 in 17 NBA seasons with the Timberwolves, Detroit Pistons and Washington Wizards.

Carter says Josh must be AL MVP



Cam Tucker Metro | Vancouver

If Joe Carter had his way, Josh Donaldson would be the American League's 2015 most valuable player.

In his first season with the Toronto Blue Jays, acquired from the Oakland Athletics in exchange for Canadian infielder Brett Lawrie, the 29-year-old Donaldson set new individual single-season career highs in hits (184), runs (122), doubles (41), home runs (41) and runs batted in (123), which has him in contention—if not the front runner ahead of Mike Trout—for MVP recogni-

tion.

Speaking to reporters before Joe Carter Day at the Vancouver Giants' Western Hockey



ern Hockey **Joe Carter** League game GETTY IMAGES Sunday, the

1993 World Series hero firmly entrenched himself in Donaldson's corner.

"If he doesn't get the MVP, it's a total injustice to the game," said Carter, listing off the numerous offensive categories in which Donaldson excelled. "Phenomenal year by a guy in his first year there in Toronto."

Folks in Toronto would likely agree. The MVP chants from fans at Rogers Centre when Donaldson would come to the plate or make a big play in the field, especially through August and September when the Blue Jays were surging through the American League standings, provide sufficient evidence of that.

Donaldson's breakout campaign came as the Blue Jays took the Toronto market by storm, making the playoffs for the first time since 1993. But the 2015 season officially ended Friday for the Blue Jays — dubbed Canada's team — at the hands of the Kansas City Royals on Friday.

18 Monday, October 26, 2015 metr#SPORTS

Retooled Raptors raring to go

Team's last memory is getting swept out of playoffs

The Toronto Raptors ended a 2014-15 season that held so much promise in perhaps the worst possible way

Then they headed into the off-season vowing to do better.

A year after taking Brooklyn to seven games in the playoffs, the Raptors had hoped to do one better and win just their second playoff series in franchise history. Instead the Raptors were swept in embarrassing fashion by the Washington Wizards in the first round last spring, a bleak and bitter end to a season that saw them set a franchise record with 49 wins and claim their second consecutive Atlantic Division title.

The Raptors had dropped to a woeful 25th in the league in defence, so GM Masai Ujiri went to work, retooling his roster with an eye on that end of the floor. He signed Atlanta forward

DeMarre Carroll, considered one of the top players available at his position. He acquired Toronto's own Cory Joseph to run the second unit in place of Greivis Vasquez, and signed rim-protecting big man

a \$58-million US contract with Toronto, averaged 12.6 points and 5.3 rebounds in 70 games with Atlanta last season, helping the Hawks to the No. 1 seed in the Eastern Con-

ing threat. "I think the biggest thing I'm going to have to bring is that grit and

a solid

defender

and out-

side shoot-

grind," Carroll said. "You know, that grit when it gets kinda hard you've got to keep grinding." Last season saw point guard Kyle

Lowry get off to a red-hot Bismack Biyombo. Carroll, who signed ference. He's both

> **Kyle Lowry** trimmed down over the summer.

THE CANADIAN PRESS

start, earning his first all-star honours. But he disappeared down the stretch,

when the Raptors needed him The 29-year-

old transformed his body over a summer of eating smart and running hills in Las Vegas, and turned heads when he showed up at the team's media day. For Lowry, the disappointment went beyond just the abrupt ending to the post-season, and he replayed the season often in his head. "You're going to

think about it. It happened. For me it wasn't just the way it ended, it was (his drop in performance) since February ... I've been thinking about it a long time," Lowry said. "But it's a new day, a new year. Now we've got to do something with it.'



Cory Joseph and Anthony Bennett GETTY IMAGES

Ujiri also signed the beleaguered Canadian Anthony Bennett, who hopes to reboot his basketball career in Toronto after two seasons of injury struggles in Cleveland and Minnesota.

The Raptors open the regular season on Wednesday at the Air Canada Centre against the Indiana Pacers, and Canada's lone franchise will be in the spotlight more than usual this year.

Toronto hosts February's NBA all-star game, marking the first time the basketball showcase has been played outside the United States.

The team also has a new look - a new logo and new uniforms, including a blackand-gold alternate inspired by Toronto rapper Drake, the Raptors' global ambassador.

THE CANADIAN PRESS



playing history to bench

In an aim to add a recent player to their staff, the Raptors hired Jerry Stackhouse as an assistant coach this past off-season.

The two-time all-star said he sees a great opportunity in teaching young players such as Delon Wright and Cory Joseph.

The 24-year-old Joseph called Stackhouse "a men-

"He's been helping me a lot in terms of staying confident, helping me learn the system. I know he just got here too but we've been learning together and he's been helping me a lot with my shot, staying on me to get better," Joseph said.

Stackhouse played for eight different teams in his 18-year NBA career. He was selected third overall in the 1995 draft.



14

17

20

23

58

RECIPE Falafel Burgers



Ceri Marsh & Laura Keogh For Metro Canada

These meatless burgers satisfy even the most devout carnivore.

Ready in Prep time: 10 minutes Makes 6-8 burgers

Ingredients

- 2 cups rehydrated garbanzo beans, drained
- 1 small white onion, roughly chopped
- 1/4 cup fresh flat-leaf or curly parsley
- 2 cloves garlic, chopped
- 2 tablespoons flour
- 2 teaspoons ground cumin
- 11/2 teaspoons salt
- •1 teaspoon ground coriander
- 1/2 teaspoon chili powder

• 2 tablespoons grape seed oil for cooking

Directions

- 1. The night before, place beans in a bowl and fill with water until covered by two inches. In the morning, drain, rinse and pat beans dry. Store in the refrigerator.
- 2. In a food processor, add the beans, onion, parsley, garlic, flour, cumin, salt, coriander and chili powder. Process until a course meal forms.
- **3.** Pour mix into bowl, cover with plastic wrap and set in refrigerator for an hour. Remove and shape into patties.
- **4.** Heat oil in pan over medium heat, add burgers. Fry burgers for 3 minutes on each side until golden brown. Serve with pitas, sliced cucumber and tahini.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

18

38 39

59

65

ACROSS

1. _ part (Enviable acting role) 5. Clear the chalk from the board 10. Whirl 14. Smidgen 15. Sea swallows 16. Voice characteristic 17. _ a glass of 18 Bruce Wayne to Batman 19. Some trees 20. Location of the Canadian Museum for Human Rights in Winnipeg which is named for the philanthropist/ media mogul who envisioned it: 3 wds. 23. Like a pitched abode 24. Progressive rock band 25. Broadcast 26 _-and-haws 28 'Gateway to the Sea' town in Newfoundland: 2 wds. 32. Triangular stuffed appetizer 35. Handed-down history 36. Record co. 37. Soon, to Shakespeare 38. Ancient philosopher 40. Primary 41. "1-2-3": 1965 hit for _ Barry

42. Faux pas

rencv

43. Some drums

45. Ballroom dance

47. Sunflower what?

48 Romanian cur-

49. Soak 51. Popular island retreat 55. Neil Young (with Crazy Horse) song: 4 wds. 58. Prefix to 'byte' 59. Record

60. Thickening gum
61. '90s British band
62. Keeners
63. City in Quebec
64. Rosebud,
for one

60. Thickening gum 65. _ Dog Night 66. Glasgow gal 61. 90s British band DOWN

35

1. Sort of songbird 2. Slack

3. Driver's reversal 4. Persians vs. Athenians on-the-plain battle site in 490 BC in Greece 5. And others, for short: 2 wds. 6. Conveys a message 7. Surface

8. Photo 9. Existence 10. "Family Guy" character 11. Arctic animal in Churchill, Manitoba: 2 wds. 12. "__ Life" by The Beatles 13. Belonging to Omaha's li'l state 21. Contact lenses reasons 22. Unique 27. Syrup sort 29. Happened to happen 30. Marie-Claire's friend 31. Yangs counterparts 32. Angelina Jolie movie 33 Afresh 34. An actor might be asked to perform one in an audition 35. Track circuit 39 Fake-perform the song, variantly 40. Elizabethan vocal piece 42. Surprise 44. Close by 46. Alaska's _ Peninsula 47. Field 50. Sea _ (Furry aquatic animal) 52. Droplet-looking throat part 53. Shows pride 54. Tapestry wall hanging 55. _ pickles 56. Triumph 57. Gaelic 58. Playwright

monogram

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be careful how you react to criticism today because if you let rivals see that your feelings are hurt they will take advantage of it. This is still a good time for getting things done. Don't let anyone burst your bubble.

Taurus April 21 - May 21
You may find it hard to treat others as your intellectual equals but pretend you take what they say seriously.
And check your facts. The approaching full moon in your sign warns you could make a fool of yourself.

Gemini May 22 - June 21
Do not get discouraged just because there is still a yawning gap between your dreams and your reality. Throw yourself into an activity.

Cancer June 22 - July 23
You won't hesitate to speak your mind but be careful. Tomorrow's full moon warns if you stray too far from the facts you could be the one who is the topic of conversation — and what others say won't be pleasant!

Leo July 24 - Aug. 23
Don't say or do anything that
might meet the disapproval of
people in power. Believe in yourself and that belief can take you
far, but the fact is your rivals are
more powerful than you are.

Virgo Aug. 24 - Sept. 23
If you tread on someone's toes the consequences could be painful for both of you. Minor differences could escalate, so avoid slinging insults.

Libra Sept. 24 - Oct. 23

Act as if you care about what is going on around you, even if you don't. Although other people's struggles may not be your struggles you will only get where you want to go if you pretend they are.

M Scorpio Oct. 24 - Nov. 22
You are rarely afraid to be controversial but watch out you don't go too far and make an enemy of someone who is more than a match for you. Be careful what you say.

Sagittarius Nov. 23 - Dec. 21
You may be impatient to get things
done but take care that in your haste
you don't neglect the needs of those
you love. Don't turn people against
you just because you are in a hurry.

Capricorn Dec. 22 - Jan. 20
You may not be able to do much for yourself as the new week begins but you can help a friend or colleague overcome a problem. In doing so you may even discover why you have been stuck in the doldrums.

A change is necessary and although it won't be easy, it must be done. Don't feel bad that others are not as committed to change. In the long-term it will be good for them too.

Pisces Feb. 20 - March 20
The approaching full moon demands that you must be totally honest with yourself about what it is you desire and what it is you will have to do to get it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

16

19

40

60

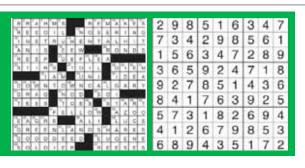
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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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